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Mickey & Friends Recipe

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Turkey Meat Loaf

Prep: 10 mins

Cook: 45 mins

Serves: 6



Making individual mini loaves with this recipe has obvious appeal, but if you lack the time (or patience) to shape multiple portions, you can also mold the meat into one large log. To cook, double the baking time.

Ingredients

- [Cooking spray](#)
- [3 eggs, lightly beaten](#)
- [135g ketchup](#)
- [40g bulgur](#)
- [2 tbsp Worcestershire sauce](#)
- [900g ground turkey](#)
- [2 small carrots, grated](#)
- [40g red bell pepper, finely diced](#)
- [40g onion, finely diced](#)
- [2 tsp garlic powder](#)
- [1 tsp onion powder](#)
- [1 tsp salt](#)
- [½ tsp black pepper](#)

Method

1. Heat the oven to 200°C. Line two baking sheets with foil and coat with cooking spray.
2. In a medium bowl, stir together the eggs, ketchup, bulgur, and Worcestershire sauce. Let sit for 30 minutes.
3. Place the ground turkey in a large bowl and use your hands to break it into pieces. Add the carrot, bell pepper, onion, garlic powder, onion powder, salt, pepper, and beaten egg. Mix with your hands until well combined.
4. Evenly divide the mixture into 6 portions. Form each into a Mickey Mouse shape on the prepared sheet pans, spacing them 1 inch apart. Bake until the internal temperature reaches 73°C, about 22 minutes (45 mins if cooking as one log). Let rest for 5 minutes, then serve.

Tip: This recipe can also be made with ground chicken. Just be sure to opt for meat that is all or mostly dark so that the end result isn't too dry.

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